



PROGESTERONE INFORMATION

Research is limited but expert opinion and clinical experience show:

Potential Benefits:	Potential Risks:
<ul style="list-style-type: none">-development of a more curvy figure-fuller breast development-improved emotional congruence-improved sleep-reduced risk of cardiovascular disease-reduced risk of osteoporosis	<ul style="list-style-type: none">-weight gain-mood symptoms (irritability, depression, etc)-high blood pressure (usually only an issue if you already have high blood pressure)-theoretical increased risk of breast cancer and gallbladder issues

How to take it:

- Capsules are easily available at local pharmacies in 100mg or 200mg strengths. You can take them orally or rectally. This may be covered by your insurance.
- Speciality compounding pharmacies make progesterone creams to apply to the skin. This allows us to titrate your dose of progesterone more. This is usually not covered by your insurance.
- There is a theoretical risk that starting too much progesterone too soon may cause more tubular shape of the breasts. To reduce this risk and to mimic ovaries later onset of progesterone production in puberty, we recommend starting progesterone at a lower dose 3-6 months after estrogen and increasing the dose after estrogen dose stabilization (usually 1 year on estrogen and reaching Tanner 3 breast development, if maximum breast development is the goal).
- Some people also choose to cycle their progesterone to affirm their gender through creating an experience similarly to menstrual cycles. This can cause more mood fluctuations.
 - Option 1:
 - Day 1-Day 15- 100 mg by mouth nightly
 - Day 16-Day 30/31- 200mg by mouth nightly
 - Option 2:
 - Day 1-Day 10: no progesterone
 - Day 11-Day 20- 100mg by mouth nightly
 - Day 20-Day30/31- 200mg by mouth nightly
 - If dropping from 200 back to zero is too uncomfortable: Some people do 200mg each night for 7-8 days and then do 100mg for 2-3 nights before going to zero again

**you can stop progesterone at any time if you are having side effects, although I often recommend a short taper off if taking more than 100mg daily*